

# WELCOME ABOARD



*Branch Health Clinic  
Naval Air Station Oceana*



If you have not been assigned a sponsor, please email  
the Sponsor Coordinator at  
[BHCOCEANA-SPONSOR@MED.NAVY.MIL](mailto:BHCOCEANA-SPONSOR@MED.NAVY.MIL)

**Naval Air Station Oceana  
1550 Tomcat Blvd. Suite 150  
Virginia Beach, VA 23460-2188**

**Hours of Operation:  
Monday - Friday 0730-1900**

**Phone:  
Commercial: (757) 953-3933  
DSN: 377-3761  
Fax: (757) 953-3763**



### **To Our Newly Reporting Staff Members and Families:**

Welcome to the “First and Finest,” Naval Medical Center Portsmouth, Virginia. This is the Navy’s oldest continuously operating hospital. You are joining an organization some 4,300 strong dedicated to keeping the more than 420,000 active duty members, family members and retirees in Hampton Roads healthy. Also, you are reporting to the area at a great time. We recently moved into a brand new, state-of-the-art, 350,000 square foot hospital, the Charette Health Care Center allowing our health care providers to deliver care in the best possible environment.

The Hampton Roads area (including the cities of Norfolk, Virginia Beach, Portsmouth, Chesapeake, Suffolk, Hampton, and Newport News) boasts one of the largest military concentrations in the country---and not just the Navy. In addition to serving as homeport for nearly a fourth of our naval forces, Hampton Roads is home to the Army installations Fort Eustis, Fort Monroe, and Fort Story, as well as Langley Air Force Base. If you’re coming from overseas duty or a smaller stateside duty station, you’ll find Hampton Roads offers comprehensive military facilities and services for you and your families in addition to being one of the top recreation destinations in the country. This guide is designed to get you started during your first few weeks in the area---it should be a launching pad for your own exploration of this richly diverse community! You can also find a wealth of information on our website <http://www.med.navy.mil/sites/NMCP2/WelcomeAboard/Pages/Default.aspx>

Throughout the area there are over 400,000 people eligible for military health care. The region has seven of the country's largest military installations. The region is homeport to 68 percent of the 194 ships assigned to the Atlantic Fleet.

The area offers a wide variety of activities and attractions. Each year thousands of people flock here to enjoy the miles of shoreline extending along the Chesapeake Bay and the Atlantic Ocean. Besides soaking up the sun, visitors can tour a variety of museums and historic homes.

Whatever your concerns, we're here to make your transition into the area as smooth as possible. If you have not been assigned a sponsor, contact the Military Personnel Management Department as (757) 953-3560 or email [usn.hampton-roads.navhospporsva.list.NMCP-DASSSponsor@mail.mil](mailto:usn.hampton-roads.navhospporsva.list.NMCP-DASSSponsor@mail.mil) for assistance. Also, the Command Master Chief, [usn.hampton-roads.navhospporsva.list.NMCP-CMC@mail.mil](mailto:usn.hampton-roads.navhospporsva.list.NMCP-CMC@mail.mil). Again, Welcome Aboard and we all look forward to serving with you.



**Officer inCharge  
Elisabet Prieto, CDR, USN  
Branch Health Clinic Oceana**

It is my pleasure to welcome you to Branch Health Clinic, Naval Air Station Oceana, Virginia Beach, Virginia. I am certain you will find this assignment professionally rewarding as Hampton Roads is home to the largest Naval presence in the world.

Branch Health Clinic Oceana is one of the eleven branch health clinics that fall under Naval Medical Center Portsmouth. You will commonly hear us being referred to as “the Triad,” which includes: Branch Health Clinic Oceana, Branch Health Clinic Dam Neck and Tricare Prime Virginia Beach.

Our triad serves 43,500 healthcare beneficiaries, and we offer a broad range of services including Medical Home Port, dental, pediatrics, urgent care, aviation medicine, radiology, laboratory, and pharmacy, just to name a few. Our Health Benefits Advisor (HBA) provides basic TRICARE information to all authorized personnel. For more in-depth information on this service please call the HBA Office at 953-3883. We enjoy a fine reputation because of the dedicated staff of professionals who daily provide outstanding care and service to our valued beneficiaries. I am proud to serve with such an outstanding group of caring professionals!

Our local area offers many cultural and recreational opportunities; such as, sporting events, general sightseeing, theaters, museums, shopping, amusement parks, golf courses, and water activities.

I congratulate you on your orders and look forward to meeting you. Welcome aboard!

Sincerely,

CDR Elisabeth Prieto  
United States Navy  
Officer in Charge



**Senior Enlisted Leader**

**HMCS (SW) T. Jason Shaeffer, USN**

#### **BIO**

Senior Chief Hospital Corpsman (SW) T. "Jason" Shaeffer is a native of San Diego, California. He graduated from boot camp in January 1993 and attended Hospital Corpsman "A" School in San Diego, California where he graduated with honors. He reported to his first duty station at Naval Hospital, Camp Lejeune, North Carolina in May 1993, where he was a member of the Nursing Department. He was a staff corpsman for the Pediatric/Internal Medicine Ward and subsequently the Intensive Care Unit (ICU).

In 1995, he transferred to U.S. Naval Hospital, Sigonella, Sicily where he worked at the Flight Line Clinic, working in outpatient and emergency medicine. In 1996, he was assigned to the USS PLATTE (AOE 186) to support an understaffed medical department.

In 1997, he transferred to the Bureau of Medicine and Surgery (BUMED) in Washington, DC where he worked in the Travel Office. In December 1999, he received orders to attend Basic Enlisted Submarine School in Groton, Connecticut. After graduating Submarine Force Independent Duty Corpsman School with honors, he reported to USS COLUMBUS (SSN 762) in Pearl Harbor, Hawaii. He served as the Senior Medical Department Representative, completing an Eastern and Western Pacific Deployment. He transferred to Commander Submarine Force, U.S. Pacific Fleet (COMSUBPAC) in November 2002 where he worked in the Force Medical Department. At COMSUBPAC Force Medical, his team received the Dooling Hawk Award for Information Management Team of the Year 2003 (Operational Forces).

He returned to sea duty in October 2005, reporting aboard High Speed Vessel (HSV-2) SWIFT (Blue Crew), Ingleside, Texas as her Independent Duty Corpsman (IDC) and Command Career Counselor. There he qualified Underway Officer of the Deck (OOD). In June 2008 he was selected to Chief Petty Officer and transferred to USS CONSTITUTION in Boston, MA as the IDC. During his tenure on CONSTITUTION the ship earned her first MUC in 16 years and the 4th in her 213 year history. Additionally, the ship earned the Golden Anchor and Blue H for the first time in the ship's history.

In August 2011, he arrived onboard USS STOUT (DDG 55) and was selected to Senior Chief in May 2013. Upon completion of a successful tour as STOUT's IDC he transferred to Naval Medical Center

Portsmouth (NMCP) Fleet Liaison. While at NMCP he was instrumental in advancing NMCP's tele health resources through Health Experts online at Portsmouth (HELP). He assumed his current duties as Branch Health Clinic (BHC) Naval Air Station (NAS) Oceana Senior Enlisted Leader (SEL) in November 2015.

Senior Chief is a graduate of the US Coast Guard's Chief Petty Officer Academy. His personal awards include the Naval Commendation Award (two awards), Naval Achievement Medal (three awards), and various other service, unit, and campaign awards. In 2009 he attained his Bachelor's degree in Information Technology. He is qualified as Enlisted Submarine and Surface Warfare.

He is married to Jennifer Ruth Guigley, where they reside in Virginia Beach, VA with their two children, Callen and Hudson. He enjoys woodworking, computers, and spending time with his family in the outdoors skiing, snowboarding, and exploring new places wherever they live.

## **Welcome to Hampton Roads, Virginia**

This area is home to more than 20% of the entire United States Navy! Hampton Roads, Virginia consists of the "Southside" and the "Peninsula". Southside cities are Norfolk, Portsmouth, Chesapeake, Virginia Beach, and Suffolk. Norfolk and Portsmouth are cities with limited land and tightly concentration populations. Chesapeake and Virginia Beach seem like counties, with much larger land areas and less defined city centers, although the City of Virginia Beach has recently developed a Town Center near Pembroke Mall. Suffolk is rural. Hampton and Newport News are located on the Peninsula, as are the historic towns of Williamsburg, Yorktown, and Jamestown.

Naval installations include: Naval Air Station Oceana; Dam Neck Annex, and Tricare Prime Clinic in Virginia Beach; Naval Station Norfolk; Joint Expeditionary Base Little Creek-Fort Story; NSA Northwest Annex in Chesapeake; and Naval Weapons Station Yorktown. In addition, there are many other Navy, Marine Corps, Army, Air Force, and Coast Guard installations in the area.

Approximately 1.6 million people live in Hampton Roads, and activities abound which may interest you. Fishing, camping, historic sites, concerts, theater, opera, ballet, symphony, zoos, museums, and more are available. The climate is generally moderate, and there are four distinct seasons. Winters see occasional, light snowfalls, while summers tend to be hot and humid.

When making your move to Hampton Roads, Virginia, the Fleet and Family Support Centers are ready and available to assist you.

For more information on the Hampton Roads area, check out Military Installation Overview on Military Homefront's website [www.militaryhomefront.dod.mil/moving](http://www.militaryhomefront.dod.mil/moving).

## **Arriving to the command**

**Air:** Norfolk International Airport is the closest airport to NAS Oceana.

**Taxi:** Having orders in hand will get you a flat rate to the base.

### **POV:**

Driving Directions:

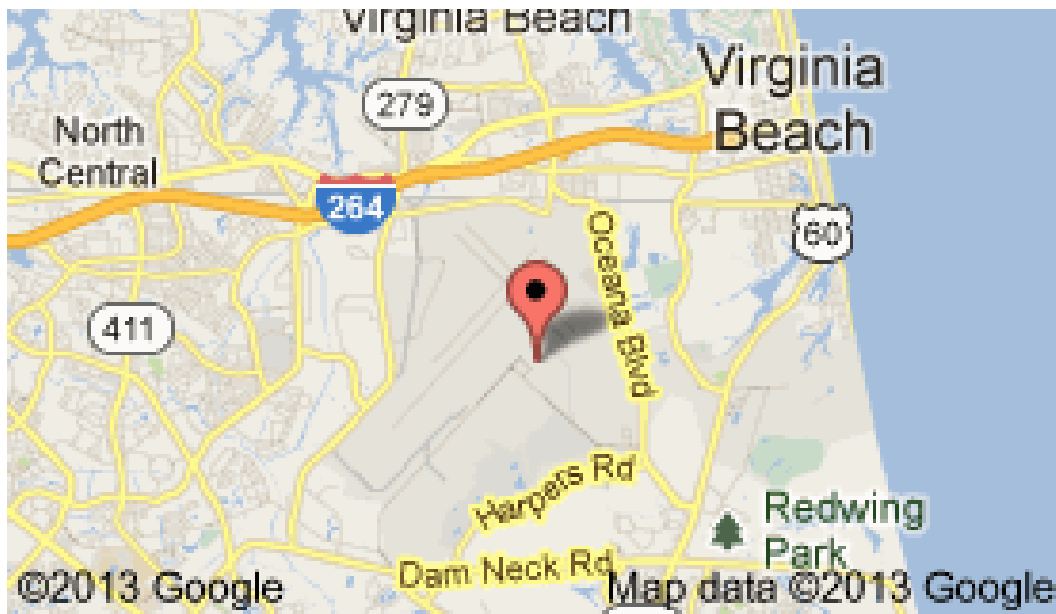
Take I-264E

Take Exit 21A for First Colonial Road S toward Oceana NAS

Merge on First Colonial Road



Continue onto Oceana Blvd  
Turn right onto Tomcat Blvd  
The clinic is located on the right inside the gate



#### **CHECKING IN:**

Coordinate with your Sponsor on when you will be checking in. Check in to Branch Health Clinic Oceana's Admin department, their hours of operation are Monday – Friday 0800-1500. For after hours, weekends, and holidays, check in with the Officer of the Day. Call (757) 544-4420 for assistance.

#### **UNIFORM OF THE DAY:**

Officers/Chiefs: E1-E6:

Summer: Khaki/NWU Dress White/NWU/Dress white

Winter: Khaki/NWU Dress Blue/NWU/Dress Blue

Winter and summer uniform periods are prescribed by SOPA Hampton Roads. Generally, summer uniforms are worn from late April to early October, and winter uniforms from late October to early April. If you are reporting during one of the transitional periods, call the Quarterdeck at (757)953-5008/9, to find out the specific day of the uniform change.

### **Temporary Lodging**

**TEMPORARY LODGING EXPENSE  
(SEE MILPERSMAN 2640400)**

Temporary Lodging Expense (TLE) may be paid in the Continental United States (CONUS) under Joint Federal Travel Regulations (JFTR). A maximum entitlement of 4 days TLE is authorized incident to a PCS between two permanent duty stations in CONUS.

You and your family qualify for TLE if you stay in temporary lodging upon your arrival here. As soon as you check in with ADM, ask about TLE.

## **Temporary Lodging in the area**

### **Dam Neck Navy Lodge**

(on base) \$60-80 per day  
1697 Regulus Ave.  
(757) 437-8100

### **JEB Little Creek**

(on base) \$60- \$74 per day  
1125 Gator Blvd.  
(757) 464-6215

### **Naval Station Norfolk**

(off base) \$67 per day  
7811 Hampton Blvd.  
(757) 489-2656

### **Navy Gateway Inns and Suites**

For reservations call: 1-877-NAVY-BED

#### **Oceana:**

Comm: (757) 433-2574

#### **Dam Neck:**

Comm: (757) 492-7013

## **BEQs, BOQs**

NAS Oceana

NAB Little Creek

BEQ/BOQ Reservations (757) 433-2574

BEQ Reservations (877) 986-9258

BOQ Reservations (877) 462-7523

FTC Dam Neck

BEQ/BOQ (757) 433-2574

## **GETTING SETTLED: YOUR MILITARY SUPPORT SYSTEM IN HAMPTON ROADS**

Hampton Roads supports one of the largest military communities in the world. Over 420,000 people in Hampton Roads are active duty military, military family members, or military



retirees. As a result, you'll find that both the military and civilian communities are ready to welcome you and your family.

## **Contact Housing Family and Community Housing**

Housing Service Center (HSC)  
1596 Tomcat Blvd., Bldg. #280  
Virginia Beach, VA 23460

Open: Mon-Fri 0730-1600

Commercial: (757) 433-3268/3368 Fax: (757) 433-3310

### **Directions:**

Interstate 264E to Exit 21A (First Colonial Rd). Turn Right on First Colonial Rd. (First Colonial Rd. becomes Oceana Blvd./VA-615S). Turn Right on Tomcat Blvd. (NAS Oceana). Continue on Tomcat Blvd. pass the Health & Dental clinic. Take next entrance to your right. Arrive at Bldg. #280.

For further information contact:

[OceanaHousing@navy.mil](mailto:OceanaHousing@navy.mil)

[DamNeckHousing@navy.mil](mailto:DamNeckHousing@navy.mil)

## **Unaccompanied Personnel Housing (UPH)**

### **NAS Oceana**

800 E Avenue, Bldg. 536

Virginia Beach, VA 23460

Hours of Operation: 0700 - 2330

After Hours: Call 757-438-3300 (Duty Manager)

Fax: 757-433-3918

Commercial: 757-433-3791 / 3978

email: [OceanaHousing@navy.mil](mailto:OceanaHousing@navy.mil)

### **Directions:**

Interstate 264E to Exit 21A (First Colonial Rd). Turn Right on First Colonial Rd. (First Colonial Rd becomes Oceana Blvd./VA-615S). Turn Right on Tomcat Blvd. then turn Left on E Ave., Bldg 536 (Combined Bachelor Housing), is on the Right

### **Dam Neck Annex**

1960 Terrier Avenue, Bldg. 550 - Herndon Hall

Virginia Beach, VA 23461

Hours of Operation: 0700-2330

After Hours: Go to Bldg 550, Room 131 (Duty Manager)

Fax: 757-492-6485

Commercial: 757-492-6824

email: [DamNeckHousing@navy.mil](mailto:DamNeckHousing@navy.mil)

### **Directions:**

Interstate 264E / Norfolk-Virginia Beach EXPY. Take Exit 17A (Independence Blvd - toward Princess Anne Rd). Merge onto VA-410E via ramp on the Left. Turn Left on Dam Neck Road. Turn Right on Terrier Ave., & 1960 Terrier Ave. is on the Left.

### **Fleet Readiness (MWR, CYP & Galleys)**

The Morale, Welfare and Recreation (MWR) programs of Naval Air Station Oceana and Dam Neck mission is to provide quality of life through entertainment, recreation, dining facilities and fitness. We offer a number of recreational services and things to do open to active duty, eligible dependents, and retired military and civilian employees.

NAS Oceana and Dam Neck MWR programs and services provide single sailor and family oriented special events, a private military access beach, \$2 movie theater, ITT locations, auto skill & hobby shop, bowling alleys, 18-hole golf course, campgrounds and RV parks, recreational lodging, skeet and trap range, stables, internet access locations (Wi-Fi), parks and picnic areas, outdoor rental equipment, water park, liberty centers, dining locations (clubs, cafes, catering and conferencing facilities) and more.

MWR encourages the health and wellbeing of our sailors and takes pride in providing high quality fitness and athletic facilities along with intramural sport programs, fitness classes and annual 5K runs.

NAS Oceana is also host the greatest annual air show in the world. A high flying and family friendly weekend long event.

### **ITT NAS Oceana**

Location: 1830 3rd St., Bldg. 430

Phone: (757) 433-3301

Hours of Operation:

Monday - Friday, 9 a.m. to 5 p.m.

Weekends & Holidays, closed

Information: We sell all Ticketmaster tickets

### **Fleet and Family Readiness**

Welcome to NAS Oceana/Dam Neck, part of a family of installations in Hampton Roads, Virginia. The Fleet & Family Readiness team is dedicated to providing a full range of quality programs and services that enhance the lives of Sailors and families in support of mission readiness and retention.

FFR encompasses three program areas: Family Readiness (Fleet & Family Support Centers), Fleet Readiness (Child & Youth Programs, Morale, Welfare & Recreation, and Food Service Galleys) and Housing Services & Lodging (Bachelor & Family and Navy Gateway Inns and Suites). Click on the Navy installation of your choice to discover all Fleet & Family Readiness has to offer.

**FFSC Oceana/Dam Neck**

(757) 433- 2912

1896 Laser Rd., Suite 120

Virginia Beach, VA 23460-2281

Hours of Operation:

Monday-Friday 0800-1630

## **Military Child Care Centers**

Naval Air Station Oceana 757-433-3164

Naval Amphibious Base Little Creek 757-462-7868

Naval Station Norfolk 757-444-3379/3239

Scott Center Annex, Portsmouth 757-967-2676

Military Child Care Centers are certified by the Department of Defense and regulated by the respective branch of the military operating the facility. These centers accept children from infancy to kindergarten ages and include developmental programs. The National Academy of Early Childhood Programs may also accredit them.

Before and after school care is provided by many schools and organizations. Youth programs are available at **NAS Oceana (757) 433-3976** and **NAB Little Creek (757) 462-8718**.

**<https://militarychildcare.cnic.navy.mil/mcc-consumer/home/viewhome.action>**

## **FAMILY HOME CARE**

Because the waiting list for the military centers may be long, you may want to consider family home care. In military housing areas, family home care is monitored and regulated by the military. Residents of military housing who want to provide child care in their own homes on a regular or full-time basis must pass a background investigation and have fire, safety and health inspections. To find out more, contact the military family housing complex nearest you.

Family home care in civilian housing is another option for working parents. State licensed day care providers are regulated by the Regional Office, State Department of Social Services.

For a list of local home care providers licensed by the Commonwealth of Virginia, call Planning Council/Child Care Assurance Plan/Child Care Answer Line at (757) 627-3993.

## **RECOMMENDATIONS FROM WORKING PARENTS**

The following list was assembled by working parents in the area. The Navy does not, however, officially endorse these organizations; nor does the Navy take any responsibility for the care provided.

All of these organizations are state licensed, offer year-round programs, have a good child to teacher ratio, and generally can provide transportation to and from school. Hours, except where specified, are 0600 to 1830.

### **Children's World of Learning Centers**

Virginia Beach	757-497-8314	Offers a lower rate with more than one child enrolled
Chesapeake	757-482-7880	"Free-day" to test compatibility
Portsmouth	757-484-1965	Toddlers to 12 years
		Lunch and snack provided
		Hours vary by location

### **KinderCare Learning Centers**

Virginia Beach	757-481-6048	Offers a lower rate with more than one child enrolled
Chesapeake	757-436-4747	6wks to 12 yrs
Portsmouth	757-484-9377	Lunch and snacks provided

### **La Petite Academy**

Virginia Beach	757-471-6104	Offers a lower rate with more than one child enrolled
Chesapeake	757-465-3893	Ages vary with locations
Portsmouth	757-483-4325	Lunch and snacks provided
		0600-1800

### **YMCA**

Virginia Beach	757-456-9622	Rates vary with membership
Chesapeake	757-547-9622	Limited space available: must enroll child as soon as possible
Portsmouth	757-399-5511	
Suffolk	757-934-9622	Hours subject to Y's schedule

## **HEALTH CARE/FAMILY PRACTICE**

### **TRICARE**

Appointments/Enrollment 1-866-645-4584 or 1-877-874-2273